

What is Bullying?

Bullying can be said to be repetitive intentional, ongoing behaviour by an individual or group of individuals that causes upset, distress, hurt or an intense sense of fear.

Bullying involves intentional and wilful misuse of power in relationships.

Bullying often seems to involve direct or indirect harassment, humiliation, violent or physical domination and/or intimidation of others.

Bullying behaviour is repeated:

- Verbal such as: name calling teasing, putdowns, insults, threats or abuse.
- Physical such as: hitting, punching, kicking, scratching, tripping, spitting.
- Social such as: isolating, excluding, making rude, cruel or crude gestures.
- Emotional such as: spreading rumours intentionally; menace; dirty looks; hiding or damaging possessions' inappropriate notes, letters, phone messages (verbal); SMS misrepresentation (text)

If bullying happens to me there are active steps I can use to take action.

Talking about a problem is not dobbing!

We want to make our school safe for everyone.

Expectations

Be Safe

Be Respectful

Be a Learner

Consequences of bullying at Bennett Road Public School (In line with the Student Welfare Policy)

- Intervention by the class teacher when bullying is known to be occurring. Managed at class level.
- Loss of playtime, possible playground / classroom monitoring card.
- Loss of privileges e.g. Dance groups, choir, PSSA sport other special school events.
- Intervention by Assistant Principals for continued acts of bullying.
- Parents notified by telephone or letter
- If bullying continues interview with Assistant and/or Principal, student and parents.
- Referral to school or community based counselling.
- Applying DEC consequences.

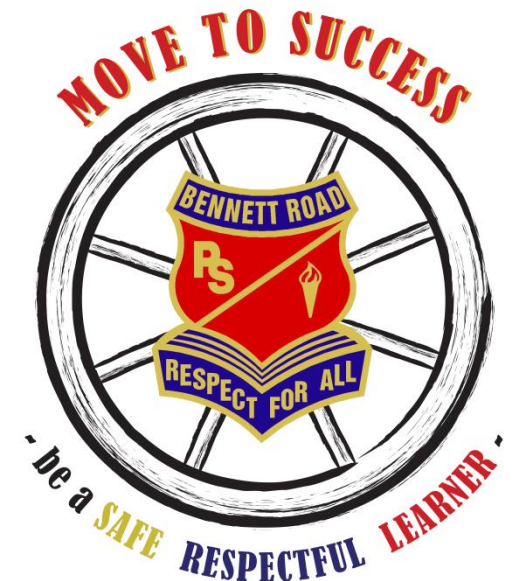
Bullying is not accepted at Bennett Road Public School

All children can and should behave appropriately

United Nations Charter states that:

“Every child is entitled to an education.

Every child is entitled to be safe”



EVERYONE HAS A RESPONSIBILITY TO REDUCE AGGRESSION IN OUR SOCIETY

Bullying is not accepted at Bennett Road Public School

- Bennett Road students, staff and parents will not tolerate bullying or harassment of any kind. We are totally opposed to all forms of bullying.
- The students are expected to make a real effort to be tolerant of others regardless of their abilities, disabilities, race, religion, beliefs, appearance or any other differences.
- Bullying is never ignored or condoned when it is seen occurring. It will be stopped by seeking adult help.
- Everyone must be fair in the playground games and space should be shared with others.
- Everyone is to be kind to others even if they are not a special friend.
- Talk to teachers and parents / carers about problems that occur at school or on the way to and from school.
- Seek help from friends, school leaders, parents, teachers, and school counsellor, Assistant Principals or Principal if you are worried about any aspect of bullying.
- The individual members of Bennett Road Public School will not bully and will not support or cover up for students who bully others under any circumstances.
- No one will bully students from Bennett Road Public School on the way to or from school.
- Everyone will take responsibility for their actions and will not blame others for things that they have done.



If your child is being bullied.

- Stay calm
- Listen carefully to your child.
- Assure your child that it is not his/her fault.
- If your child is different in some way, help them to be proud of their differences.
- Give your child some strategies to cope. Practise the strategies with your child.
- Get accurate details from your child and the school.
- If the problem persists seek assistance from the class teacher.
- If the problem continues seek support from an Assistant Principal or Principal.

If your child is bullying others:

- Initially you may be defensive and unbelieving. This is natural.
- Find out all the facts from the school, telephoning other parents can stir up a lot of unnecessary concern and inaccuracies.
- Talk to your child, but do not blame
- Emphasise that bullying is not acceptable in your family
- Seek assistance from school or health professionals.
- Role play alternative behaviours.
- Be specific regarding consequences for continuing unacceptable behaviours.
- Reward appropriate behaviour.

Information for Students

How to handle children who bully you?

- Be firm and strong even if you don't feel it. Look them straight in the eye and stand up tall. Tell them to leave you alone and walk away.
- Ignore them, pretend you didn't hear the comment, and find a friend to play with.
- Find a friend. Play with friendly children.
- Go to a trusted friend and seek help.
- Avoid them. Never find yourself alone with them. Stay in view of an adult. There is often strength in numbers.
- Don't fight back physically. It just gets you in trouble too.
- Tell your class teacher, the teacher on duty, teacher's aide, Assistant Principal or Principal immediately.
- If the bullying continues, keep going back and letting the teacher know about the bullying.



BULLYING
NO ONE LIKES IT
NO ONE DESERVES IT
NO ONE NEEDS IT
SO REPORT IT